

ALTERNATIVE MEALS are subject to change:

Sunday: -Smoothie Bar / -Pizza Line

Tuesday: -Taco Bar / -Pizza Line

Wed. & Thurs.: -Salad Bar

-Spicy Chicken Line

Friday: -Sub Bar

Puesday & Thurs. -Mozz Sticks

-Hot Dog Bar

-Pretzel Bar

Monday & Fri. -Pizza Bar

Tuesday. -Spicy Chicken Bar

Monday, Wed. & Fri. -Bagel Bar

-Nacho Bar

IB, MS, MV

MON. thru THURS. ONLY

second Choice of the Day is a **Turkey Sandwich on Wheat Goldfish style bread, Vegetable of the day, FRUIT and MILK.**

this may change monthly.

Choice of Milk:

at Free Chocolate, Skim and 1%

Lunch Prices:

S & BP w/Milk \$ 2.50

Elementary w/ Milk \$ 2.00

Milk (A La Carte) \$.40

Assorted A la Carte items are offered at each of the schools. These snacks are priced separately and meet the new

East Longmeadow School Lunch is committed to meeting the nutritional needs of our school children. Menus are planned to meet the recommended dietary allowances. (RDA'S)

Please note: Nutrient analysis represents the **weekly average** nutrients for the elementary schools. High School and Middle School portions are adjusted to meet the caloric requirements for age-grade group.

DA'S (Dietary Specifications)

Calories 550-650 Elementary

Calories 600-700 Middle School

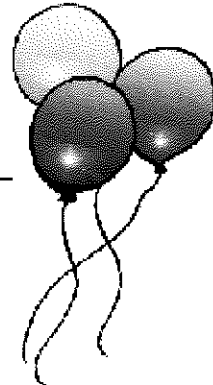

Calories 750-850 High School

Saturated Fat < 10%

Trans Fat 0 grams

Sodium < 1230 mg

East Longmeadow School Lunch 2015

Monday	Tuesday	Wednesday	Thursday	Friday
1 Popcorn Chicken BOWL with Whipped Potato, Steamed Corn and Chicken Gravy Wheat Dinner Roll Pears w/Lt. Syrup Milk Variety	2 Hamburger on a WWRoll Lettuce & Tomato Slice of Cheese Kim's Three Bean Salad Roasted Sweet Potatoes Applesauce Milk Variety	3 BBQ Pulled Sandwich (on a WWRoll) Vegetarian Beans Cole Slaw Cucumber Slices Fruit Cocktail Milk Variety	4 lunch Brunch French Toast Strips Maple Syrup Sausage Links Sweet Potato Puff Farm Fresh Carrot Sticks Peaches/Lt. Syrup Milk Variety	5 Cheese Pizza Tossed Salad w/ Lt. Ranch Dressing Steamed Broccoli Pears w/Lt. Syrup Milk Variety
8 EMMA'S BAKE Ziti baked with a Grilled Chicken Marinara Sauce and Cheese Garlic Knot Roll Tossed Salad w/ dressing Cucumber Slices Fresh Strawberries Milk Variety	9 Taco Boats Lettuce & Tomato Salsa, Shred. Mozz. Cheese Refried Beans Steamed Corn Fruit Cocktail, Lt. Syrup Milk Variety	10 Mozzarella Cheese Sticks Marinara Sauce Herbed Italian Noodles Steamed Green Beans Peaches/Lt. Syrup Milk Variety	11 Sloppy Joe on a WWRoll Tossed Salad w/ dressing Steamed Carrots *** NEW-- SKEETERS (Nut Free) Mini Chocolate Chip Cookie *** Applesauce	12 Tony's Round Cheese Pizza Caesar Salad Celery Sticks Orange Smiles Milk Variety
15 Chicken Fajitas Brown Rice Refried Beans Shredded Lettuce & Cheese Steamed Corn Salsa Applesauce Milk Variety	16 Cheese Pizza Tossed Salad w/Lt. Ranch Dressing Assorted Veggies Choice of Assorted Fruits Milk Variety	17 Last Day of School District Half-Day No Lunch Served	18	19 
22	23	24	25	26
 Summer Vacation				
29				

Please see the back of menu for the lunch price increase information.

Starting September 1, 2015, the High School and Middle School will be \$3.00 and the Elementary schools will be \$2.50.

Milk will remain at \$.40.

USDA is an equal opportunity provider and employer.